



Gumbo Pot Pies

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 10 ounce canned tomatoes whole green canned
- 0.5 teaspoon thyme leaves dried
- 1 large eggs lightly beaten
- 0.3 cup flour all-purpose
- 2 garlic cloves pressed
- 1 medium size bell pepper green chopped
- 1 pound okra fresh cut into 3/4 inch slices

- 1 medium onion chopped
- 1 onion quartered
- 17.3 ounce puff pastry frozen thawed
- 0.5 pound shrimp fresh unpeeled
- 0.3 cup vegetable oil
- 2 quarts water
- 2.5 pound meat from a rotisserie chicken whole

Equipment

- bowl
- ladle
- oven
- whisk
- pot
- dutch oven

Directions

- Bring first 4 ingredients to a boil in a Dutch oven. Cover, reduce heat, and simmer 1 hour or until tender.
- Remove chicken, reserving 3/4 cup broth; discard onion and bay leaves. Cool, skin, bone, and coarsely chop chicken, set aside.
- Whisk together all-purpose flour and vegetable oil in Dutch oven; cook over medium heat, whisking constantly, 15 to 20 minutes or until roux is caramel colored. Stir in chopped bell pepper, onion, and garlic; cook 2 minutes.
- Add sliced okra, tomatoes and chiles, dried thyme and reserved 3/4 cup chicken broth. Cover, reduce heat, and simmer 30 minutes.
- Peel shrimp, and devein, if desired.
- Add shrimp and 2 cups chopped chicken to gumbo; cook 8 minutes or just until shrimp turn pink.
- Remove from heat, and cool slightly.

- Roll out pastry sheet on a floured surface; cut into 4 (5-inch) squares. Return pastry to freezer for at least 15 minutes.
- Cut out decorative shapes from excess pastry strips.
- Ladle gumbo into 4 ovenproof soup bowls, filling three-fourths full.
- Place 1 pastry square over each bowl, pressing firmly to sides to seal edges.
- Place decorative shapes on top of pastry.
- Brush pastry with egg.
- Bake at 400 for 20 minutes or until pastry is puffed and golden.
- Serve pot pies with hot sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:38.52, Inflammation Score:-9, Nutrition Score:44.225217383841%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 35.63mg, Quercetin: 35.63mg, Quercetin: 35.63mg, Quercetin: 35.63mg

Nutrients (% of daily need)

Calories: 1271.94kcal (63.6%), Fat: 82.79g (127.37%), Saturated Fat: 20.3g (126.86%), Carbohydrates: 81.94g (27.31%), Net Carbohydrates: 73.38g (26.69%), Sugar: 8.83g (9.81%), Cholesterol: 239.84mg (79.95%), Sodium: 613.63mg (26.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.34g (104.67%), Manganese: 1.87mg (93.37%), Vitamin K: 90.68µg (86.36%), Vitamin B3: 17.05mg (85.23%), Selenium: 57.38µg (81.97%), Vitamin C: 63.32mg (76.75%), Vitamin B1: 0.96mg (64.03%), Phosphorus: 544.27mg (54.43%), Folate: 214.85µg (53.71%), Vitamin B6: 1.03mg (51.48%), Vitamin B2: 0.74mg (43.26%), Copper: 0.82mg (41.12%), Magnesium: 162.57mg (40.64%), Iron: 7.28mg (40.42%), Fiber: 8.55g (34.21%), Potassium: 1193.44mg (34.1%), Zinc: 4.46mg (29.75%), Vitamin A: 1342.69IU (26.85%), Vitamin E: 3.64mg (24.28%), Calcium: 224.05mg (22.41%), Vitamin B5: 2.05mg (20.45%), Vitamin B12: 0.53µg (8.88%), Vitamin D: 0.52µg (3.48%)